Written by Darren D. Moore, Ph.D.
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Greetings, and welcome to “Moore Therapy!” the newest column in the Insight News that will be examining all things related to couple and family relationships, Black men, health, and mental health within the African American community. I am Dr. Darren D. Moore and I will be writing a series of articles based on hot topics, current events, and requests made by you.
Ladies, are you sick and tired of being sick and tired? Are you in an intimate relationship that is driving you crazy? Do you find yourself depressed, lonely, or abused, but yet you keep making the same mistakes over and over again? Men: do you wonder why you can’t catch a break? Why you are overlooked and undervalued?

Why you can’t get her to understand you? Parents, are you at your wits’ ends with trying to discipline your children? Teens do you struggle with getting your parents to understand you? Grown folks: are you caught in a love triangle? Do you have a secret that nobody knows? I will be talking about all of this and THEN some in my new column.

Just in case you don’t know, I am a Minnesota native; I was born and raised on the north-side of Minneapolis. I obtained a Bachelors degree in African American Studies from the University of Minnesota, a Masters degree in Marriage and Family Therapy from Valdosta State University, and a Ph.D. in Marriage and Family Therapy from Virginia Tech. I am an assistant professor in Marriage and Family Therapy and I work with individuals, couples, and families regarding general mental health and relationships concerns. My research, teaching, and clinical interests include obesity, weight loss, eating disorders, addictions, couple and family relationships, sexuality, and general mental health. In addition, I have a special interest in working with men, African American families, and minority populations.

This Saturday, I will be at the Minneapolis Urban League Family Day Celebration meeting you and answering questions about all things related to couple and family relationships, mental health, and obesity/weight loss, among other things. With the obesity epidemic reaching an all time high and its negative impact on the Black community, it is great timing that we start talking about becoming a “MOORE” healthy society. We must start examining our lifestyle, behavior, and mental health, so that we can develop effective strategies to address this growing phenomenon.

Of course, I am not just talking about something I read in an article. I am talking about my life…I

know a little something about this thing we call obesity. I have gone through my own weight loss journey. I have lost a total of 180 pounds going from 375 pounds to 195 pounds by working with a physician and incorporating my own mental health philosophy which I refer to as “Less is Moore.” During Family Day, I plan to shed some light on the topic of obesity from a mental health perspective in addition to other hot topics. It is my goal to inspire you to make the commitment to do something about our obesity issue. I hope to see you there… but until then, stick around…. there’s “MOORE” to come.

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